

Wellness Workshop HQ



Creating Joy & Happiness



2018 Fees for Individual 1-on-1 Session....

THE WELLNESS SESSIONS	Price per 75 Minutes	Pay for 3 Sessions, get 10% off	Pay for 6 Sessions, get 20% off	Pay for 10 Sessions, get 30% off
PRIVATE GENTLE YOGA (2 Persons) (3 Persons) (4 + Persons)	\$90/person \$45/person \$35/person \$30/person	\$81/session	\$72/session	\$63/session
RESTORATIVE YOGA DEEP RELAXATION	\$120	\$108/session	\$96/session	\$84/session
MENTORSHIP LIFE COACHING	\$120	\$108/session	\$96/session	\$84/session
CHRONIC PAIN COUNSELLING	\$120	\$108/session	\$96/session	\$84/session
PERSONAL COUNSELLING (charged per hourly)	First session 90 mins \$130	Thereafter, \$120/hr		

Most Extended Health Care Plans cover Counselling services of a RSW/MSW. ICBC covers Restorative Yoga.

Book an appointment today!

Purnima Gosavi

RSW/MSW, Counsellor, Yoga Therapist, Mentor

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you gotta nourish to flourish